

Cabbage with Red Lentils

Ingredients

200gm red lentils
1.25 litres water
½ teaspoon ground turmeric
5 tablespoons vegetable oil
1 teaspoon cumin seeds
4 cloves garlic, peeled and finely chopped
1 onion, peeled and cut into fine slices
250gm cored and finely shredded cabbage
2 green chillies, finely sliced
½ tin chopped tomato
2 teaspoons peeled and finely grated fresh ginger
1 teaspoon salt
½ teaspoon black pepper

Method

1. Put the lentils and water into a heavy pot and bring to a boil. Remove any scum that collects at the top. Add the turmeric and stir to mix. Cover, turn heat down to low, and simmer gently for 1 hour and 15 minutes. Stir a few times during the last half hour.
2. While the lentils cook, heat the oil in a 25-30cm wok over a medium flame. When hot, put in the cumin seeds. Let them sizzle for a few seconds. Now put in the garlic.
3. As soon as the garlic pieces begin to brown, put in the onion, cabbage, and green chillies. Stir and fry the cabbage mixture for about 10 minutes or until it begins to brown and turn slightly crisp. Turn off the heat under the frying pan.
4. When the lentils have cooked for 1 hour and 15 minutes, add the salt and pepper, tomato, and ginger to the pot. Stir to mix. Cover and cook for another 10 minutes. Add the cabbage mixture and any remaining oil in the frying pan. Stir to mix and bring to a simmer. Simmer, uncovered, 2-3 minutes or until cabbage is heated through.